

# Your Prayer Card

Firstly, thank you for getting involved in this prayer mission!

Secondly, I hope that you will enjoy taking some time this Advent to make a fundamental difference to someone else's life and situation.

Prayer is incredibly powerful, particularly individual prayer, motivated by a personal love for those in need around us, much like that held by Jesus for his disciples. In accepting this prayer card, you have become a very important person, with an important message – in the form of your prayers this Advent.

## How do I use this prayer card?

This card contains the details of your prayer gift.

This gift will be for someone who you might not already know, but who has taken the time to fill this card in, because they really need you to pray for them.

As a prayer giver, your role is to pray this gift throughout Advent, holding them as a special intention – their card will have details of important areas in their life where they most need prayer, so forming the focus of your prayer is relatively easy.

The challenge may come in deciding when and how to pray with this prayer card, and actually, it's up to you.

Only pray as much as you feel comfortable, it's better to start small, then build up to a greater commitment, rather than having bold but difficult ambitions from the start. Trust that God will help you find your way, and he will listen even if you feel that prayer is a struggle.

## Suggestions for ways you can pray are:

- Bring this card to Mass for each of the Sundays in Advent, and then bring it to Mass Christmas Day. Offer the Mass for the intention of your prayer gift, and perhaps try to pray with some of the details on the card, asking for help and love for any problems the person might have.
- Pray with the card every day: this could be for a very short time (even 1 min!). Maybe, just as you are waking, you offer your day up for this person, and hope that they will receive God's love and kindness that day. Alternatively, at the end of the day when you are about to go to sleep, just hold them in prayer.
- Do a Novena for this person. This means praying with this intention each day for 9 days in a row. If you wish, use the prayer on the opposite page, insert the person's name if you know it, or just put 'my prayer gift' to help you focus.
- Write a prayer for this person, it doesn't matter if it's poorly written or not elegant; it's private, just for you and God, and he will know what your heart means every time you say this prayer.
- Choose a way of prayer totally your own, however you feel comfortable!

## A Prayer for Advent

Dear Lord, I offer up my prayer for My Prayer Gift for Advent.

May your merciful love be with them in their time of need and may their heart be filled with your divine grace.

I wish them to be ever close to you in all their endeavours, through success and failure.

Let my offering bring them to understand you fully, inspire a desire in them to find you in everything they do.

I pray your love will be in their heart and they will always feel your presence.

In the name of the Father, and the Son and the Holy Spirit. Amen.

### **Prayer Event—Wednesday 8th December at 6.30pm**

You are warmly invited to the Prayer event we will be holding at St Osmund's church on the Solemnity of the Immaculate Conception of Our Lady.

Here we come together as a community to pray for our intentions, and to especially consecrate our prayer mission to Our Lady, to receive her saving help.

All welcome, followed by wine and nibbles!

## Attach Prayer Card Here

Thank you!

If you have any questions or need help, please do not hesitate to contact me:

Ellie Hughes: 07919 123313,

[Prayer@salisburycatholics.org](mailto:Prayer@salisburycatholics.org)

### What next?

We hope to do follow up visits with those who have supplied their address, to provide greater support while they are being prayed for.

If you would like to be involved in making visits or even just meeting for an informal chat, please let us know!

Our details are:

St Osmund's Church,  
95 Exeter Street,  
Salisbury  
SP1 2SF.

01722 333 581

[prayer@salisburycatholics.org](mailto:prayer@salisburycatholics.org)